



## **Sanctioned\*\* Activities**

### **Whitewater, Sprint, Marathon Disciplines**

**March 2024**

#### **Supervised\* on water training and practices including:**

- programs for all skill levels
- Special Olympic/PaddleAll programs
- para programs
- Canoe Kids programs
- canoe polo

#### **Training and practices may use a variety of boat types, including:**

- sprint boats
- war canoes
- dragon boats
- stand up paddleboards
- outriggers
- other non-motorized recreational boats
- marathon boats
- whitewater boats
- voyageur canoes
- surf skis
- prone paddle boards

**Training may also be conducted through online programs that are created and monitored by sanctioned leader(s) as per each affiliate's policy.**

#### **Supervised\* river trips**

#### **Sanctioned training camps**

#### **Competitions:**

- sanctioned regattas and races including National Championships & CanMas
- club and intra-club competitions
- canoe polo
- loading and unloading boats for travel to and from regattas

#### **Clinics:**

- coaching and instructor certification
- official certification
- motor boat safety (on and off water training)

#### **Off water training programs including:**

- running
- weight training

- ergometer training
- aerobic training
- paddle pool training
- cross country skiing
- soccer and other aerobic games
- swimming
- strength training

**General maintenance activities including:**

- installing and removing club docks
- installing and removing race course
- boat and motor maintenance and repair
- maintenance of club and grounds
- Loading and unloading of boats for **sanctioned activities**

**Other activities:**

- year end banquets, sports awards, social events (subject to alcohol service policy)
- promotional activities including:
  - “try-it-outs”
  - demonstrations
  - distribution of promotional material
  - fundraising activities that are limited to club members subject to approval by CKO

\*Supervised means overseen by sanctioned leader(s) per CKO affiliate safety policy.

\*\* Sanctioned means approved by a Sprint, Marathon or Whitewater oversight committee.

### **Safety Policy Adherence**

As a requirement of a CKO sanction, it is understood that all activities will be conducted in accordance with the Sprint, Marathon and Whitewater safety policies as posted on the respective websites:

[Sprint Safety Policy](#)

[Whitewater Safety Policy](#)

[Marathon Safety Policy](#)

If your organization experiences any sort of incident during a CKO sanctioned activity that leads to a potential Sport Accident Insurance claim or legal claim, you must submit all details and relevant claim submission forms directly to CKO.

**Activities that are NOT sanctioned by CKO include:**

- Any event/activity where alcohol service is included and does not meet the standards of
- the service of alcohol policy
- Unsupervised paddling activities
- Dragon Boat rentals
- Dragon Boat festivals
- Fundraising activities such as golf tournaments, bonspiels etc. that include participants that are not members of the discipline.

- Other activities not listed and as defined by CKO